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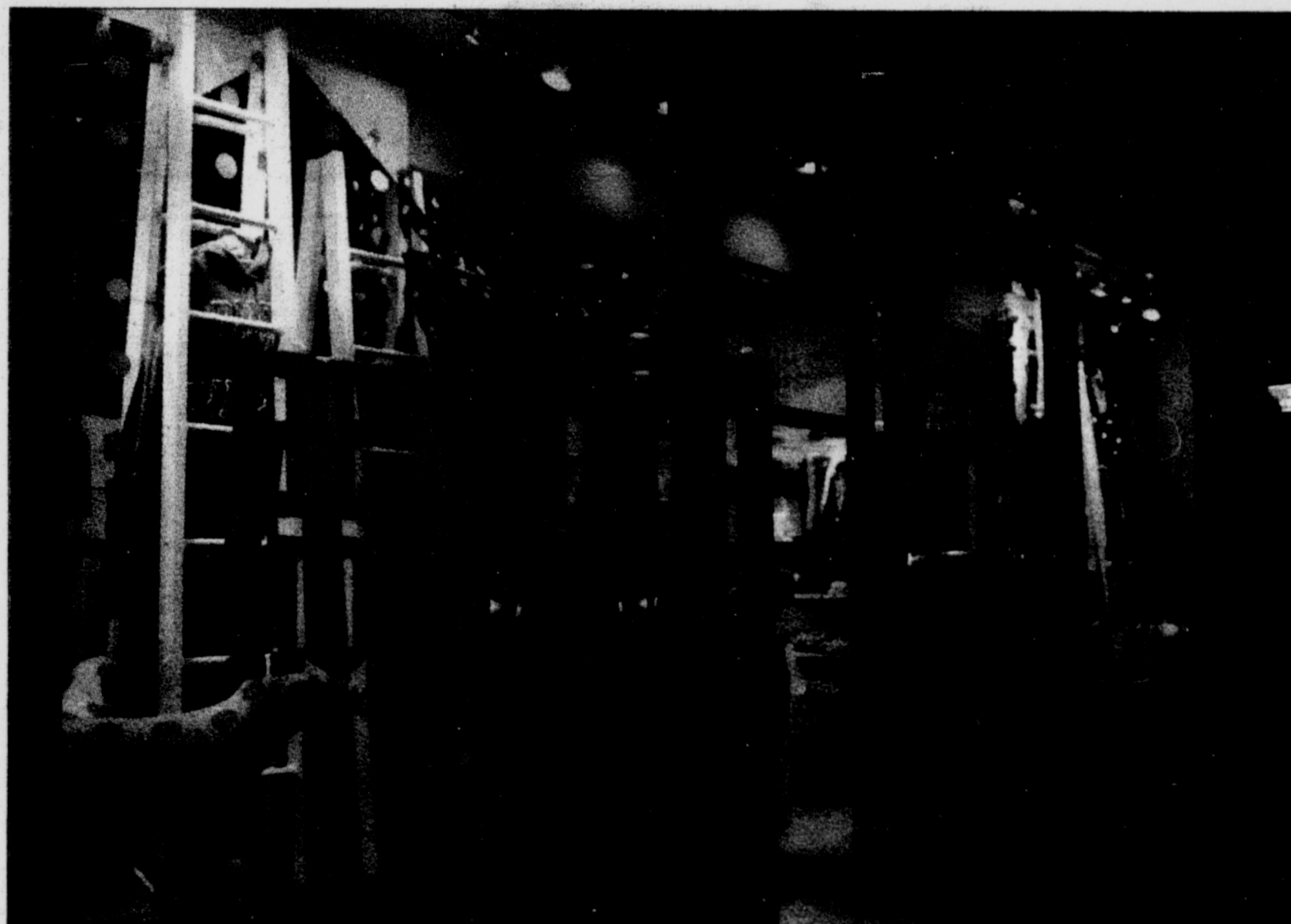
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SLO businesses prepare for upcoming Black Friday



MANON FISHER MUSTANG DAILY

Sales associates at stores such as Victoria's Secret are hoping that the economic downturn will not affect sales on Black Friday.

Marisa Bloch

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It is that time of year again, right after Thanksgiving and when the holiday season is right around the corner — it's Black Friday.

Stores all over San Luis Obispo, including Old Navy, are preparing themselves for this traditionally busy shopping day.

"Last year we opened at 4 a.m. and this year we are opening at 12 a.m.," said Kelly Barragan, a music senior and Old Navy employee.

Stores are trying to get creative in order to attract more customers.

"Old Navy will be giving away Xbox games to its first 50 customers," Barragan said.

Along with extra giveaways, stores are doing everything they can to attract customers.

Barragan hopes the store will be busier this year due to the poor economy and that people want to save as much money as possible. She said Black Friday is an important day for the San Luis Obispo store, especially

since the majority of college students go home during the holidays.

"This day brings in several young parents looking for some holiday gifts for their families," she said.

Another nationwide store participating in Black Friday is Victoria's Secret. Stephanie Harris, a child development senior and Victoria's Secret leadership member, said the store has worked very hard to make sure all the associates are on the same page.

"It is always one of our busiest days of the year, and we expect an even better turnout this year," she said.

One of Victoria's Secret's goals is to ensure that everyone that comes to the store is satisfied.

"We are going to do our best to keep our dressing rooms clean and running efficiently," Harris said. "We want to get everyone in and out as smoothly as possible."

On Black Friday, Victoria Secret will open at 6 a.m. and give out a free tote with every \$50 purchase, she said.

Other local stores will participate

see Black Friday, page 2

Local roller derby rolls with the punches

Alicia Freeman

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Central Coast Roller Derby (CCRD) held their last match of 2010 on Nov. 20 at the Paso Robles Events Center, providing both a raucous show of aggression to a full crowd of fans and toys for the SLO County Toy Run.

Two matches were held Nov. 20; the first was CCRD's SLO

Slammers versus the Antioch Undead Bettys. The second was between CCRD's A-Team and the Emerald City Roller Girls Skatesophrenics.

Joe Morrell, a skating official, said he started to get into the sport

three years ago as a fan.

"I liked watching the girls skate around and beat on each other," Morrell said.

However, after starting to date one of the skaters — Iva Rayburn,

she said.

"The first time I watched the game, my heart was pounding when I was watching," Rayburn said. "It's so different from the inside when you're playing. Those hits that look like they hurt from the outside, they don't. It's all adrenaline."

Carey "Senorita Cheeba" Jones, one of the founders of CCRD, said cofounder Heather "Rotten Peaches" Cross proposed they start the derby to establish an "aggressive" and "fun" activity. The group also

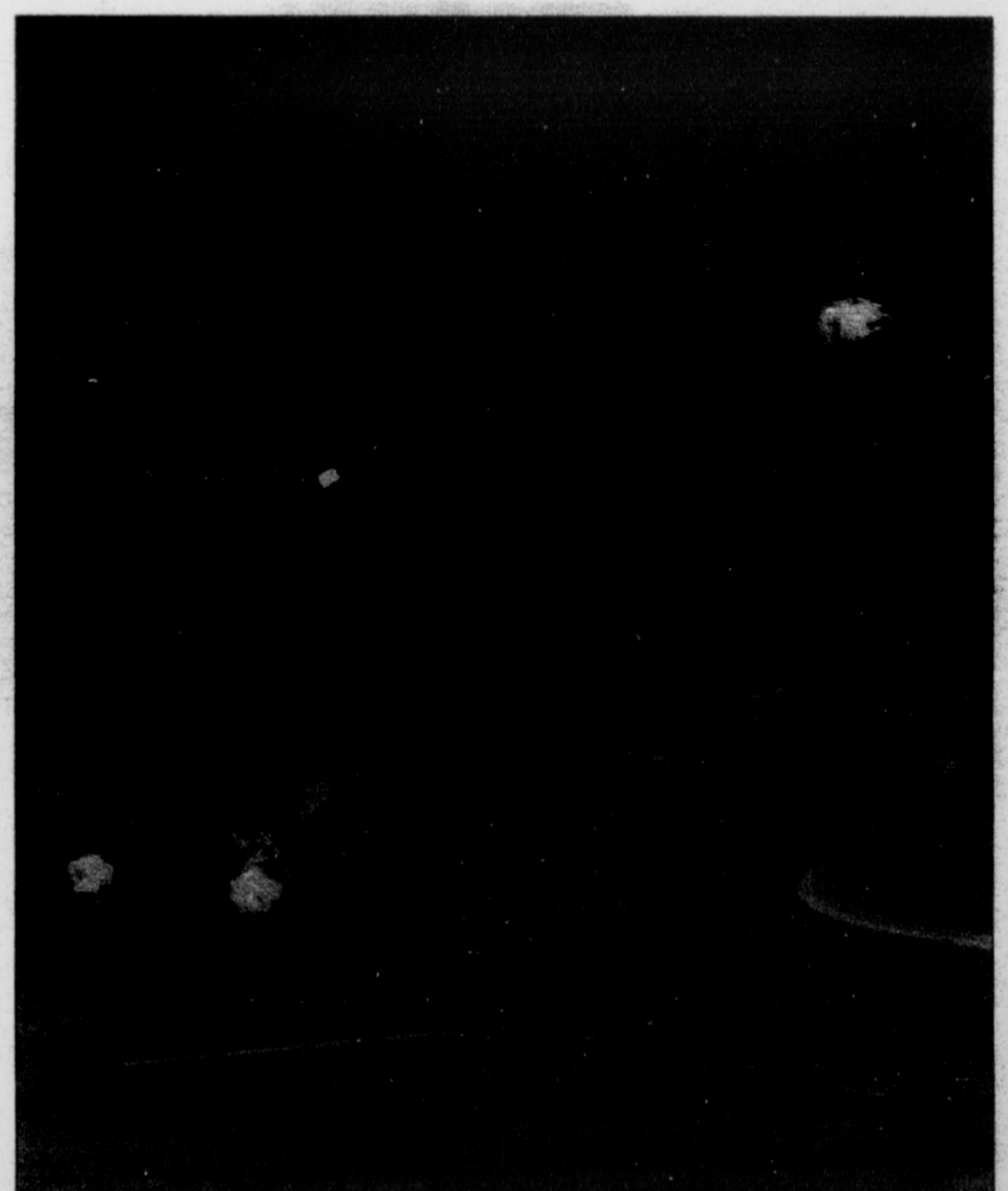
provided a fun activity for women with families and full-time jobs other than knitting or sports like softball, which Jones and Cross were involved in before starting

The hits that look like they hurt from the outside, they don't. It's all adrenaline.

— Iva "Ivanator" Rayburn
Central Coast Roller Derby Skater

whose derby name is "Ivanator" — Morrell said he started to get into it and became an official two years ago.

Rayburn also started as a fan, though it started when she was a child watching roller derby on TV,



MANON FISHER MUSTANG DAILY

see Derby, page 4

Central Coast Roller Derby competed against two other skate groups on Nov. 20.



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Black Friday

continued from page 1

on Black Friday as well. Stores such as Lucky Lu Lu's and H&G clothing will extend their hours on Friday.

"We plan to stay open later than normal, and we will have a bunch of sale racks with items that have been marked down," said Megan Larson, the manager at Lucky Lu Lu's.

Forever 21 is another popular store that recently opened a branch in San Luis Obispo. The store could not provide specifics about the upcoming

Black Friday, but a manager who could not be named due to corporate policy said almost everything in the store is now on sale. The manager also said the store will open at 6 a.m. on Nov. 26 "in the spirit of the holidays."

Even though there has always been a lot of hype for Black Friday, fewer people in San Luis Obispo have participated in such shopping days in recent years. According to the San Luis Obispo Chamber of Commerce, late 2008 and 2009 show a very serious economic decline.

Despite slower previous holiday seasons, Clint Pearce, the vice president of

Madonna Enterprises, said he expects things to turn around this year.

"Last year was challenging for retail," Pearce said. "I think this year will be a lot better because the economy has gotten better."

Pearce said the last few years were abnormal, not only for San Luis Obispo but for the country as a whole.

"Spending is part of who we are and what we do as a society," he said. "People are going to find a way to get back to that."

Pearce has seen a definite increase in consumer spending over the past year, he said.

"People have more job security now, so they aren't as worried to go out and buy a little, especially during the holiday times," he said.

Consumers seem to agree with Pearce.

Nadia Nosrati, an agricultural business senior, will be one of the few students in San Luis Obispo on Black Friday.

"If I didn't have to work at the bank, I definitely would be out getting some of my Christmas shopping done," Nosrati said.

Even though many students have to work through Black Friday, Lynn

Ward, a San Luis Obispo resident, said the city gets a lot of business from older, "early bird" shoppers and teens.

"I think the most popular stores are the 'Big Box' stores like Target, Kohl's, Walmart, Macy's, etc," she said.

Ward said the earliest shoppers are definitely mothers, but families and students participate all day long too.

"San Luis Obispo's Black Friday is definitely targeted more toward the adults because most of the students go home for Turkey Day," Ward said. "But for a small community I would say there is a great turnout."



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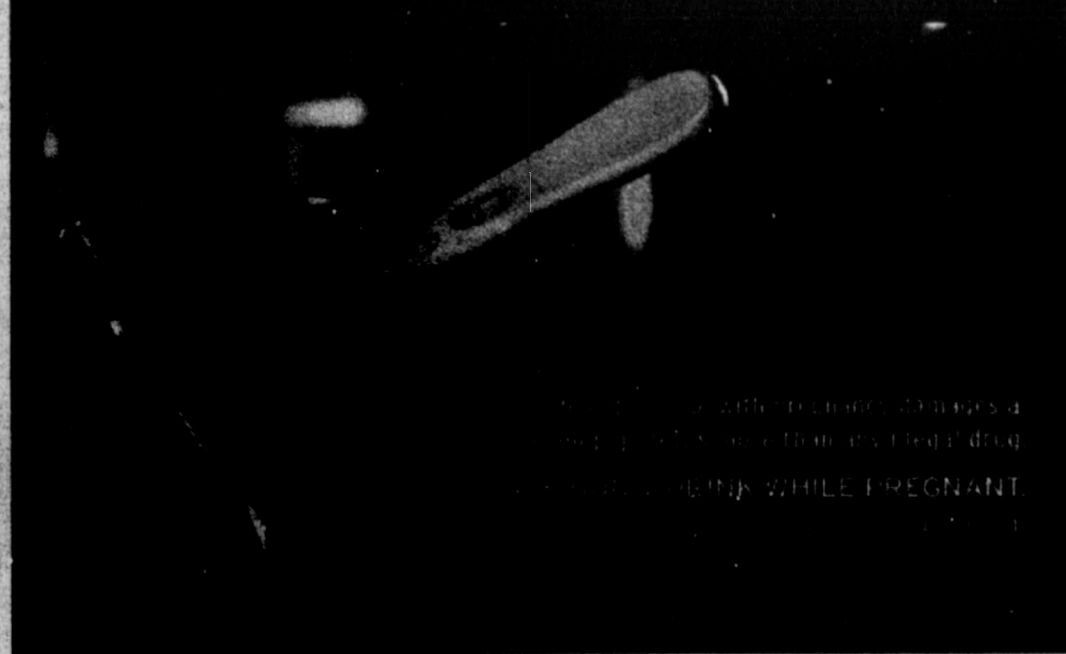


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Tuesday Tunes

What are you listening to?



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freshman



"Stone Love" by Pepper

— Tyler Wetzel,
mechanical engineering
senior



"Black Betty" by Spiderbait

— Nick Skouras,
environmental engineering
freshman



"Bumblebee" by Chipi

— Stephanie Terrazas,
landscape architecture
senior



"I Will Follow You into
the Dark" by Death Cab
for Cutie

— Danielle Morrison,
communication studies
freshman



"Seventeen" by Ladytron

— Neil Daniels,
software engineering
freshman

Obamacare may give back money to some Americans under new regulations

Julie Appleby
KAISER HEALTH NEWS

Millions of Americans may be eligible for rebates starting in 2012 under regulations released Monday, which detail the health care law's requirement that insurers spend at least 80 percent of their revenues on direct medical care.

The regulations closely follow recommendations that the National Association of Insurance Commissioners sent to the Department of Health and Human Services this fall after months of meetings and debate involving industry and consumer representatives.

The government estimates 45 percent of people who buy their own health coverage are in plans that currently don't meet the standard. It didn't provide a similar figure for those with employer-based coverage.

If the law were in effect now, however, about 9 million people could be eligible for rebates, either directly, if they buy their own coverage, or through their employers, if they're in job-based coverage.

"This will guarantee that consumers will get the most out of their premium dollars," HHS Secretary Kathleen Sebelius said at a news conference Monday.

The 80 percent standard applies to individual and small group policies.

Larger group policies — generally considered to be more than 50 people — must spend at least 85 percent of revenues on care. The rule doesn't apply to employers who self-insure.

There are some exemptions:

— Employers and insurers that offer "mini-med" policies, which are plans that limit coverage to \$250,000 a year or less, get a special way to calculate their medical spending next year: They'll total the amount spent on doctors, hospitals and other medical and quality improvement expenses, then multiply that figure by 2. In effect, that will allow them to meet the 80 percent ratio by spending as little as 40 percent on medical costs. HHS will revisit that provision after 2011.

— States may apply to have the requirement adjusted if meeting the 80 percent spending requirement would destabilize their individual markets, Sebelius said. Four states — Maine, Iowa, South Carolina and Georgia — already have said they'll seek adjustments.

— Some small plans won't have to provide rebates, at least for the first year.

During the debate that led to the National Association of Insurance Commissioners' recommendations, insurers pushed for the broadest possible definition of what constitutes medical spending, including the

costs of paying claims, signing up doctors to their networks or running customer service call centers. The final recommendations are narrower, which is what consumer groups had urged.

The regulations allow insurers, for example, to include many quality improvement costs along with payments to doctors, nurses, hospitals and other providers in their medical expense calculations, but not the cost of broker commissions.

"Few Americans understand how much of what they spend on health insurance goes to administration," said Timothy Jost, National Association of Insurance Commissioners consumer representative, who's a professor at Washington and Lee University School of Law in Virginia.

Currently, he said, insurers that cover 20 percent of Americans spend about 30 percent of their revenue on administrative costs, a percentage that will result in rebates unless they reduce those costs.

Insurers, who'd objected strongly to the recommendations in October, toned down their criticism Monday, saying the new rules "take a first step" toward minimizing market disruption for plans sold to individuals. But it remains possible that the rules could affect employer-offered coverage, America's Health Insurance Plans said in a statement.

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Briefs

State

NEWPORT BEACH (MCT) — A small private plane crashed into the water off Newport Beach on Sunday evening, killing at least three people, Newport Beach police said.

"Whether or not we have more victims I don't know," Newport Beach Police Sgt. Steve Burdette said. The single-engine Beechcraft Musketeer was traveling from Mexico to Torrance, Calif., when the crash occurred at about 5:45 p.m., according to Ian Gregor, a spokesman for the Federal Aviation Administration.

Burdette said the pilot knew the plane was in trouble and had radioed that he wanted to try to land on the street near the Fashion Island shopping mall.

...

BARSTOW (MCT) —

A water advisory has ended for some areas of Barstow while the majority of area residents are still being advised not to consume tap water until further notice.

However, Barstow area residents east of H Avenue may still be using bottled water for drinking and cooking this week as Golden State Water Company continues to flush the water system and test for perchlorate contamination.

Levels of perchlorate 15 times the state maximum were discovered in an active municipal well Friday. Perchlorate is used in rocket fuel and pyrotechnics.

Water flushed from the system is sent to the city's sewage treatment plant where it will seep back into the ground.

National

COLORADO (MCT) —

A Colorado man thinks he's found a way to protect your private parts from unwanted radiation and government peeping at airports.

Jeff Buske of Larkspur, Colo., is selling tungsten-lined underwear online, with fibers of the X-ray-repelling material strategically placed over the crotch. He says he's seen his sales skyrocket since the Transportation Security Administration rolled out new full-body scanners at several airports and conducting aggressive pat-downs of people who refuse to use them.

"You shouldn't have to be digitally strip-searched or doused with radiation to visit your grandmother," Buske, a 52-year-old electrical engineer, said by cell phone Monday from New Jersey.

...

WASHINGTON D.C. (MCT) —

First lady Michelle Obama is hiring a new communications director — Kristina Schake, a veteran Democratic political strategist and former aide to California first lady Maria Shriver.

Schake will begin in December and will hold two titles: special assistant to the president and communications director to the first lady.

"I'm thrilled to welcome Kristina to the team," Obama said in a statement on Monday. "Kristina brings a wealth of expertise that I know will make her a tremendous asset in the East Wing."

Schake replaces Camille Johnston, who in September joined the Siemens Corp.

International

CAMBODIA (MCT) —

Cambodian Prime Minister Hun Sen said 339 people died and more than 300 were injured Monday in a stampede on the final day of Cambodia's annual Water Festival.

The victims were mainly young people who panicked while crossing a bridge during water festival celebrations. The incident happened about 9:30 p.m. local time on Monday.

Emergency service crews have taken the injured to five hospitals around the capital. An unknown number of people jumped off the bridge to avoid the crush, and rescue crews were still looking for them after midnight.

Sen said the government would form a committee to look into the causes of the accident.

...

NEW ZEALAND (MCT) —

Rescuers were preparing Monday to lower a camera and listening device down a newly drilled borehole to discover if 29 miners trapped underground since a gas explosion five days ago in New Zealand were still alive.

As day broke, authorities said the drillers were in the final stages of completing the 162-meter hole in the area where the missing men were thought to be when the blast hit the Pike River mine on Friday.

Nothing has been heard from them since then. Rescue parties of fellow miners have been on standby throughout, but police said the risk of another explosion made it too dangerous to let them go in.

Derby

continued from page 1

CCRD, Jones said.

"There's some of these women who have adapted this as their lifestyle," Jones said. "A lot of these girls have really found their niche."

The game itself is not just about adrenaline, but also about complexity. According to a pamphlet given out at the match, each team can only have five skaters on the track at a time. Each team has one jammer, the scoring player, one pivot, the player who skates in the front of the pack, controls speed and is "the last line of defense against the opposing jammer" and then three blockers — players who work to get their jammer through the pack.

A jammer earns a point each time she passes a player from the opposing team and starts at the back of the group.

The jammer also has to pass the whole pack once before being able to score, Jones said. The sport's rules have become more defined as it has grown in popularity, even since CCRD was started in 2006, she said.

"It may look like craziness, but it is a serious sport," Jones said.

As with other sports, there are also legal and illegal blocks. Legal blocks include the skater using her body, including her arm from her shoulder to her elbow, and her torso to her hip, to the front or side of an opponent's body from her collarbone to her waist. Illegal blocks include grabbing, tripping, hitting from behind, elbow striking, fighting, locking hands or arms, and generally, touching opposing players with her hands, though a player can touch her own team members with her hands.

Rayburn said it takes a couple times of watching the game to understand it.

"It's a hard sport to learn," Rayburn said. "It's the only sport I know that you're playing offense and defense at the same time."

Carlee "Burnt Toast" Jorgensen, a current referee and former player, said although the sport is complicated to learn, it is also "self-empowering." Jorgensen has seen women who come in with low self-

esteem blossom into confident, key players, she said.

"We've got girls who are afraid to wear a pair of short-shorts (in the beginning) and all of a sudden they're opening up," Jorgensen said. "They're able to get out and make the big hits. It's like going from kindergarden to college."

Rayburn also said roller derby has impacted her fellow skaters as well as herself.

"Over the years, I've seen everybody go through different changes," Rayburn said. "I've seen some amazing improvement among my fellow skaters."

Jorgensen said she would encourage everyone to do it if they "have the desire," whether or not they know how to skate. However, participants must be 21 to join.

Jones would like to see the age limit dropped to 18, so that college students and younger women could join in the derby, she said. The limit started at 21 because there were a lot of events that took place in bars and had bar sponsors, which has been changed.

"I think some of these girls out here would get a little bit of competition," Jones said. "I would like to see it happen."

There are also many benefits to roller derby, especially for those looking for a fun way to get in shape, Rayburn said. She also said it helps players meet new and different kinds of people that they may not have met otherwise.

"For one, it's a good way to get out your aggression," Rayburn said. "Number two, it's kind of like getting involved in a family of people who depend on you and you depend on them. It teaches you responsibility and teaches you teamwork."

CCRD is a non-profit and works hard to help the community; the group has raised around \$30,000 for the community, Jones said.

Jorgensen said the charity efforts CCRD does are another reason why people should join.

"Everyone that joins takes part in the community," Jorgensen said. "The self-gratification is insane. We're doing good things out there, especially for the community."

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Government praises BP's efforts to contain oil spill

Neela Banerjee

TRIBUNE WASHINGTON BUREAU

Facing the worst offshore oil disaster in American history, BP rapidly developed and implemented new technologies to contain the damage and the government watchdogs established "effective oversight," according to a report issued on Monday by the presidential panel investigating the explosion and sinking of the Deepwater Horizon drilling rig.

But the rare praise for the way they responded once disaster struck was coupled with scathing indictments of how terribly unprepared the federal government, BP and the oil industry as a whole were for a deep-sea oil-well blowout.

Despite the fact that oil companies have been drilling for years in the Gulf of Mexico and the potential for problems was widely recognized, all those involved were essentially caught flat-footed when the BP platform exploded and sank.

"There were many success stories in the effort to control the Macondo well, including, but not limited to, the ultimate successes of capping and killing it," the report said. "And the speed with which government scientists, with little background in deep-sea petroleum engineering, established meaningful oversight was truly impressive."

"These remarkable efforts were necessary, however, because of a lack of advance preparation by industry and government," government investigators said.

The report, called "Stopping the Spill: The Five-Month Effort to Kill the Macondo Well," is based on preliminary findings by the panel's staff.

The staff suggested that the president's blue-ribbon panel recommend

that oil companies develop detailed plans on how to stop deepwater blowouts that would be reviewed by the government.

The draft report also called for the government to beef up its own expertise in petroleum engineering, in order to better manage any future oil disasters, and to find ways to give a fast, accurate estimate of the amount of oil flowing from a blowout, which took weeks to nail down during the Deepwater Horizon spill.

That report found that industry and the government had invested little in oil spill response and containment over the years.

"As a result, clean-up technology used during the Deepwater Horizon spill was dated and inadequate," according to the draft report, "Response/Clean-Up Technology Research & Development and the BP Deepwater Horizon Oil Spill."

After the Macondo oil well blew out on April 20 and immediate efforts to activate the blowout preventer at the well head failed, BP's only option for stanching the flow of oil seemed to be drilling relief wells, which has long been standard industry practice.

But over the next three months, teams of BP engineers worked simultaneously to develop other approaches to reduce or halt the flow of oil, an effort the report praised as "Herculean" and which bred technology that will be adopted by a new oil spill response outfit being organized by industry.

BP, for instance, managed to capture some of the leaking oil while it remained under water, sending it to tankers on the surface. In mid-July, it used a "capping stack," or a smaller version of a blowout preventer, to halt the flow of the oil into the Gulf, before pumping drilling mud into the well to "kill" it.

California climate change advisory panel says it's time to face reality

Margot Roosevelt

LOS ANGELES TIMES

A task force of California politicians, business people, academics and environmentalists is calling on incoming Gov. Jerry Brown to appoint a climate risk council within his office to focus statewide attention on adapting to the effects of global warming.

In a report to be released Monday, the 23-member California Adaptation Advisory Panel, a group convened by the Los Angeles-based Pacific Council on International Policy, calls for stepped-up data-gathering, monitoring and coordination among state agencies and in the private sector.

These actions would be in preparation for a steep sea level rise, diminishing water supplies and the spread of wildfire, as studies have predicted.

"Adaptation to climate change has been virtually ignored," said panel co-chairman William K. Reilly, a former administrator with the U.S. Environmental Protection Agency.

"A report like this reminds the agencies to pay attention and stiffens their spines. It implies planning: We're not going to build a road in this place because the odds are it is going to get washed out."

The 70-page document, largely financed with a grant from the oil company BP, steers clear of controversial proposals, such as mandating higher insurance rates for coastal building, strict water conservation for agriculture or a moratorium on development in

fire-prone communities.

It draws largely on the state's more comprehensive report, the "Climate Adaptation Strategy," issued last December with input from more than a dozen agencies.

University of Southern California professor Dan Mazmanian, a co-director of the Pacific Council report, acknowledged that it does not propose "anything big or new."

Instead Mazmanian said the "impressive array of leaders with different views, coming together in a consensus," would "elevate the issue across the state."

The report was to be launched at a downtown breakfast Monday, with remarks by Ralph Cicerone, president of the National Academy of Sciences, California Secretary of Natural Resources Lester Snow and former Southern California Edison chief executive John Bryson, in addition to Reilly.

"What we recommend is fairly modest," said Reilly, who is now a private equity investor.

"But our objective was a unanimous report. If we had gotten into specifics, it would have been harder."

The task force also included former California Assembly Speaker Bob Hertzberg; Winston Hickox, former secretary of the California Environmental Protection Agency.

A former chief executive of the Metropolitan Water District of Southern California, and representatives from utilities, unions, environmental groups and academia.

Reilly said the climate risk council inside the governor's of-

fice could be "a cross-cutting entity" modeled on the White House's council on environmental quality, which coordinates efforts across federal agencies.

The report highlights projections of as much as 55 inches of sea-level rise along California's coast by 2100, and suggests that developers should stop assuming a "static environment."

The sea-level rise could "overwhelm" levees in the Sacramento-San Joaquin River Delta, ports, roads, bridges and major airports, it notes.

California has only 12 tide gauge stations along its 1,100-mile coast, on average 90 miles apart, according to the report.

A higher density network is needed to track local variations for a database accessible to builders and planners, it said.

"You don't have to be a genius at reading code to understand it will be necessary to limit coastal development and move some activities back from the coast," Reilly said.

"We did not really say that because a group like this would have had difficulty getting consensus."

The report highlights projections that the Sierra Nevada snowpack, critical to California's water supply, could shrink by 60 percent to 80 percent by the end of the century. Scientists say this is because more winter precipitation will fall as rain, and what snow there is will melt earlier.

In the Sacramento delta, Reilly said, "1,100 miles of levees have to be shored up at a cost between \$3 (million) and \$10 million a mile."

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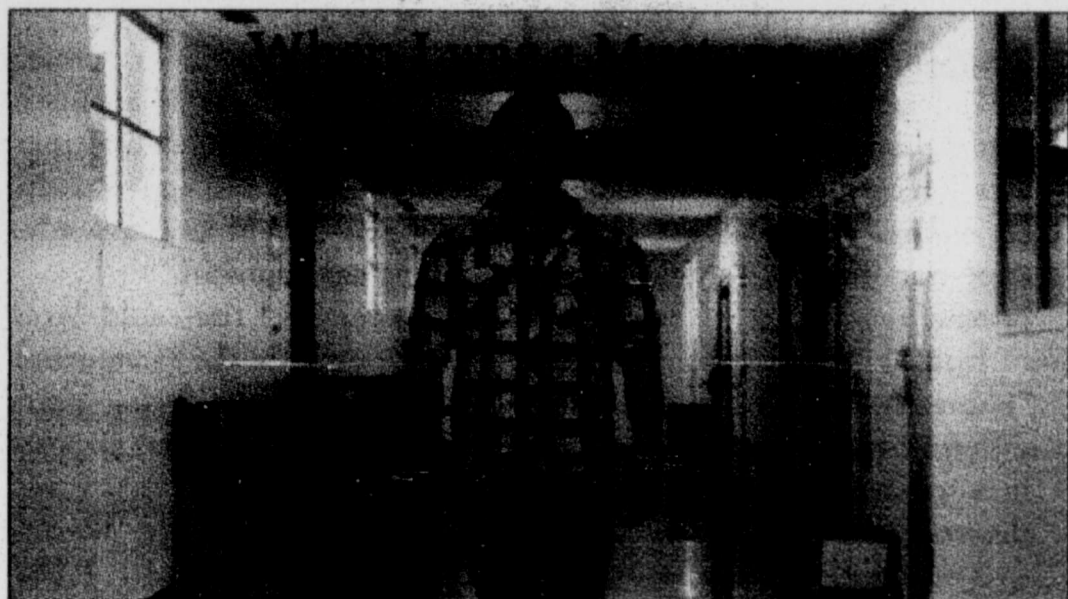
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Calling all seniors — time for graduate school



Erik Hansen is a graduate student pursuing a Master of Public Policy and the "When I Was a Mustang..." columnist.

Having milked the teat that is your parent's college savings almost completely dry after four (ha, yeah right!), five or six years, you will finally graduate this year. And while our abun-

dant and plentiful job market awaits you, the idea of remaining in the cozy cocoon of academia a couple years longer sounds tempting.

That's right, graduate school. You keep getting older and they stay the same age. But wait a minute, much like a Tokyo Sandblaster, it's time for a wake up call. Having spent your time at Cal Poly knowing "D means

done" and "C means celebrate," you're screwed — or so you think.

In all seriousness (then we'll go right back to the satire), the application deadlines for most graduate programs are looming. There are a multitude of reasons to continue your studies in a graduate program (and a multitude not to), and it's going to be a tough road ahead — especially with programs cutting enrollment and everyone and their mother applying to get in.

Putting your academic achievements thus far on display can be nerve-wracking. You are not the same person you were three or four years ago, and some may look at themselves five years from now and laugh. As you continue to grow academically, professionally and (most importantly) personally, the path to graduate school can become clearer, though some paths may be longer than others.

If your current academic standing puts you on the fence at the most prestigious university (or lowly state school), here are a few ideas to consider.

Easier said than done, right? I just knocked the job market, then said get a job. Even though you may be finishing in the bottom 10 percent of your graduating class, you will still have a degree from Cal Poly (SLO, not Pomona ... psh). That little piece of paper has some incredible name recognition behind it and proves you have the tenacity to fight (for classes, for tuition, with your academic counselor) for what you want, unlike your friends who went to Santa Clara, Westmont or Occidental. You know, the friends whose parents pay their tuition and walked away four years later with a 3.85 grade point average without regularly attending class. That name recognition and tenacity is going to eventually land you a job, if you want it enough.

If you are considering putting off graduate school for a couple of years to work, here are some of the benefits to consider:

— Real world experience. Graduate programs want bright students, but they also want students who can bring experience from the field and benefit the program to make them assets. In addition, proving yourself successful outside of the classroom can help your case in terms of proving to a selection committee how successful you will be inside the classroom.

— References. While it is crucial to receive academic letters of recommendation, professional references are also important. Busting your ass for a couple of years in the workplace will build you a network of people who would be happy to write on your behalf.

— Maturity. Two thoughts: One — you may think you know exactly what you want to continue your studies in upon graduation. However, it won't be a great feeling after you drop a year's worth of tuition toward your master's in conservation biology, after realizing public administration would have been a much better fit. There is no better place to explore what exactly it is you want out of a graduate program than in the field you want to spend the rest of your life in ... or think you want to spend the rest of your life in. Two — again, you are not the same person you were three or four years ago, and some may look at themselves five years from now and laugh. Growing personally, and having something to show for it professionally, can help your case in terms of proving to a selection committee how successful you will be inside the classroom.

Unfortunately, the gravy train runs out for many students after they complete their undergraduate degree. You have now slowly driven your parents into debt, having mortgaged their house twice to pay for the last six years you spent playing Call of Duty and occasionally doing homework. Debt is the tool of the devil so putting off graduate school a couple of years to work will provide you with an opportunity to save and gain piece of mind ... even if it means living with your parents again (ok, maybe that's a little far-fetched — or is it?).

Unless you're banking on a full scholarship, a grant or working full-time through graduate school, getting a job and putting money into a 529 plan (just like you'll be doing with your new 401K) is a great opportunity to save for graduate school and keep the government out of your

see Graduate school, page 8

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Food Column

Spice up Thanksgiving dinner with a little help from the bounceberry



Heather Rockwood is a food science junior and the Mustang Daily food columnist.

This Thanksgiving, your loved ones will be grateful for the tantalizing flavor that dances on the tips of their tongues as they savor the North American native cranberry atop their turkey.

Better yet, it can be the surprise cranberry recipe you offer to prepare in light of all your new food knowledge. Mom will surely be impressed, but can you imagine the excitement from Grandma and Uncle Bob when they see that in just a few short weeks in college, their favorite relative has come home a top chef?

I know this seems far-fetched, but it can happen to you. As you try out this new recipe you will learn this little berry does much of the work itself, and yet is still willing to give you all the credit for preparing one delicious turkey topping.

You won't be alone either — you and your family will join hundreds of thousands of American families on this Thanksgiving Day in a joint effort to consume approximately 80 million pounds of cranberries — but you will have the secret of fresh berries, and you can leave the boring canned variety a thing of the past.

These berries are often too tart to eat by themselves, and this is why so many people have fallen in love with cooked cranberry sauce, which softens the flavor and still maintains a festive zing. Cranberries are also often found accompanied by sweeter fruits such as apple, grape or raspberry in order to give your taste buds a round trip of flavor. These combinations are famous for juices found on supermarket shelves, but be sure you are drinking 100 percent juice drinks and not fruit cocktails. These drinks are packed with extra sugars that prevent the true flavor of the fruit from shining.

Cranberries — like most small children — were given a nickname in their early years which can serve as a helpful reminder when you are looking to purchase the best berry. A delicious cranberry that is ready for its cooking debut will bounce when perfectly ripe — in other words, a "bounceberry." Another indicator of ripeness is a deep rich

red color — in the spirit of the holiday season, just about as red as Rudolph's nose.

We all know from experience that cranberries provide a scrumptious accompaniment to holiday foods, but it is often easy to overlook the health benefits the berry also has to offer. The most famous health benefit the cranberry has to offer is its ability to protect your urinary tract. The proanthocyanidins in cranberries have the ability to inhibit bacteria from attaching to the wall of the urinary tract, and thus combat urinary tract infections.

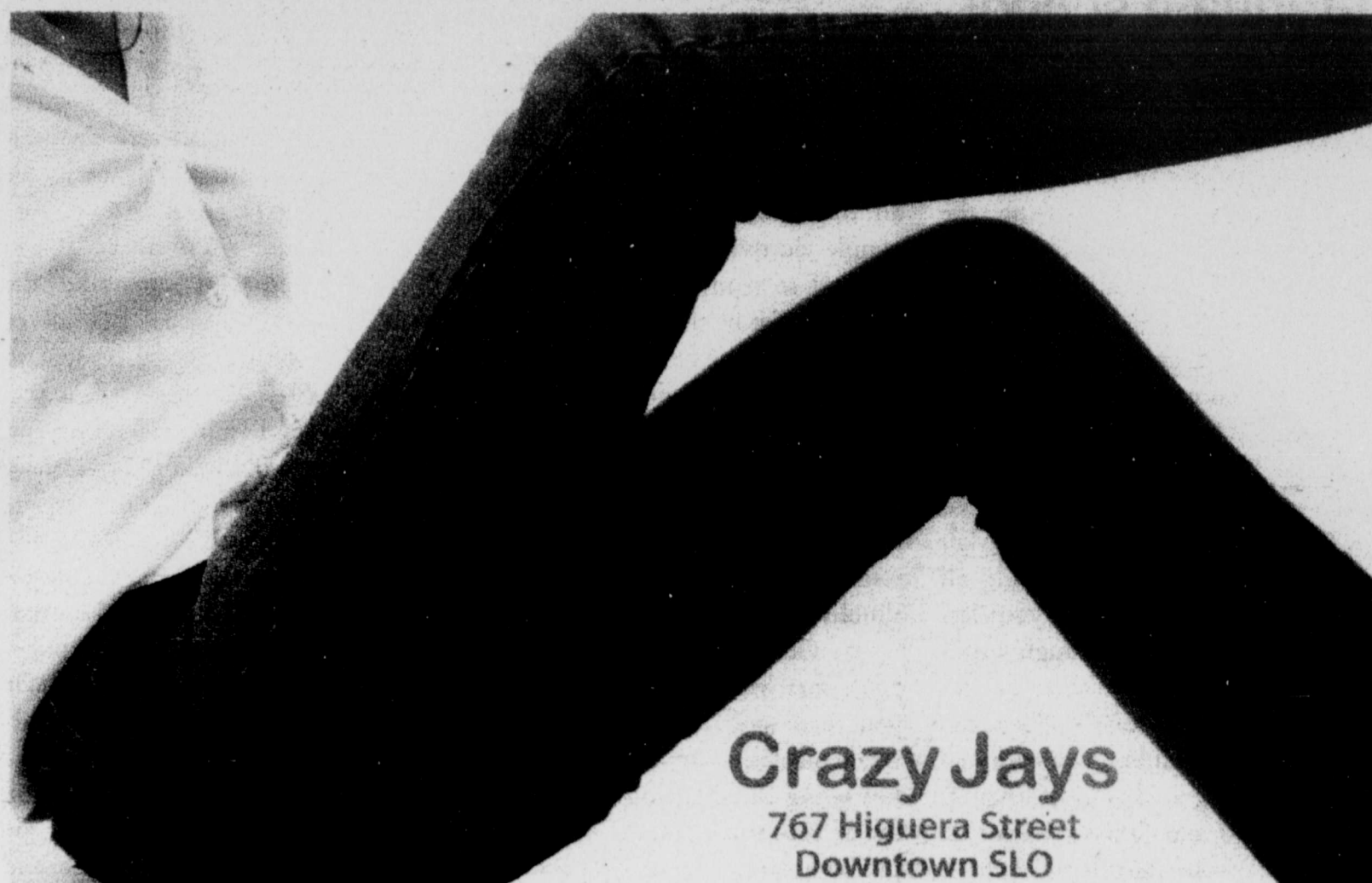
In addition, a less common health risk cranberries are known to help prevent is heart disease. The flavonoids found in cranberries have the ability to reduce the bad cholesterol known to clog and harden arteries. These same flavonoids are also known to increase the amount of good cholesterol found in your body.

As one of the few fruits native to North America, this berry was consistently used by American Indians long before pilgrims and Thanksgiving arrived. American Indians were known to create pemmican, a mixture of meat and cranberries that preserved for long periods of time. They also found cranberries useful for medicinal purposes including drawing poison from arrow wounds.

When the pilgrims arrived and the first celebration of Thanksgiving took place, cranberries were surely on the menu and were greatly appreciated for both the flavor and functionality it consistently provided. As the years progress, cranberries have become the forgotten food of holiday meals, but this year there is hope for change.

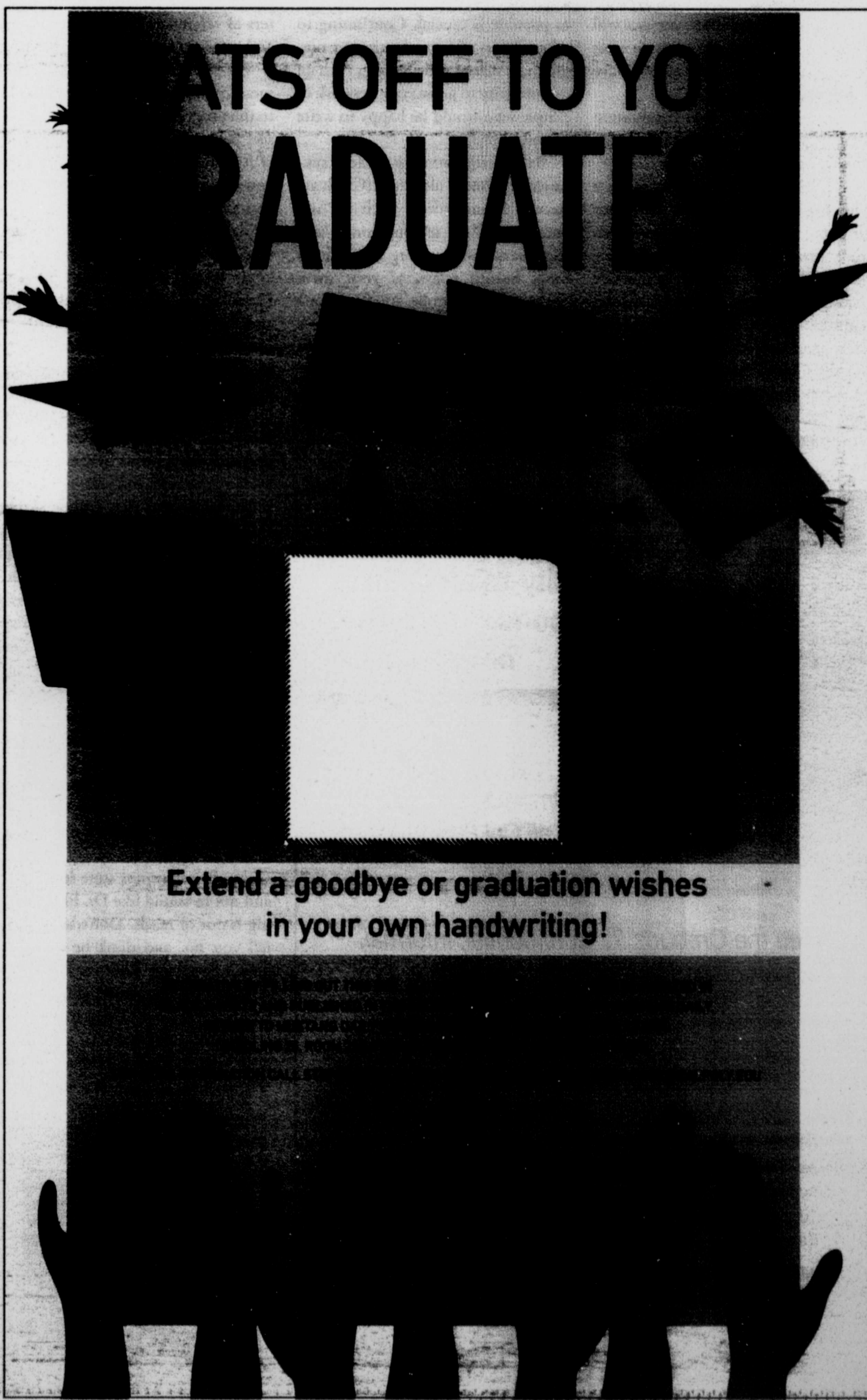
When that tingle on the tip of your tongue brings excitement back to your palette this week, remember to thank that little silent warrior. Sit back and enjoy one more piece of pie with the comfort that the cranberry, in all its tangy might, is off battling to keep your good cholesterol up and bad cholesterol down — then go take a walk to the market in hopes of figuring out the next in-season food to be featured!

see Bounceberry, page 8



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Graduate school

continued from page 6

pockets later on. You can have the money taken out of your paycheck, pre-tax, without ever getting the chance to see and spend it. You can also choose from a different state's plan — Montana and Kansas' plans are performing great right now, despite the economy.

Cal Poly is going to force you to graduate "on time." Having awoken from your academic slumber, induced by Old English 800 and Schlitz Malt Liquor, there will be no putting off graduation to make up for your less than stellar freshman through senior years (your first senior year, or "senior year number one"). However, all of our fine public institutions of higher learning here in California offer 300, 400 and 500 level courses, open to anyone, provided there is room in the class and you pay the course fee. The CSUs and UCs offer courses through their Open University and Extension programs that are basically just like the ones you take now, except populated (mostly) by professionals, and held (mostly) during evening hours. These courses will be more "high speed," but that's what you want, right? To prove you have what it takes to hang.

Taking courses after graduation or pre-graduate school can have the following benefits:

— **Maturity.** This seems to be a running theme. However, with your amazing grades attained during "senior year number two," and those immaculate grades you got while taking one or two 400 and 500 level courses a semester in UCLA's extension program (all the while working for the City of Santa Monica), you'll go far in showing a trend of maturity and intellectual curiosity that graduate programs are looking for.

— **Get ahead — transfer credits.** Taking 400 and 500 level courses and doing well prior to enrollment in a graduate program not only demonstrates your maturity and intellectual curiosity, but also provides an opportunity to take care of a couple elective courses you're going to need to complete anyways (provided they're in the same realm you plan to complete your graduate studies in). Whether or not they'll accept the units will be up to the graduate program you're planning on attending. Receiving those units from an accredited, public university bodes well in your argument on why they should transfer over.

— **Get references.** All of those professors who gave you a "C," who you then took revenge on through ratemyprofessor.com, are probably not going to write you the best letter of recommendation. While you probably have one or two professors who were cool — who you shared drinks with after you saw them sitting alone at the Gaslight Lounge on a random Wednesday night — and will write you a glowing letter, receiving as many positive, well written academic letters of recommendation as possible is crucial. Continuing to take courses after graduation or pre-graduate school provides you with an opportunity to grow your network of people who would be happy to write on your behalf.

Bah, trigonometry and synonyms. That's all the (Graduate Record Examination) GRE is. And antonyms. And reading long, boring essays. And writing a couple of long, boring essays of your own. Some schools require it, some don't — though they won't discourage you from submitting your scores if you feel so inclined. Take a GRE "class" if you want, which is basically going to teach you test-taking skills. Those test-taking skills could prove useful

in the "big picture" I guess, as you try to BS your way through life. A good resource is also Cal Poly's own library, where you can check out a GRE study guide, or have one sent to you via the interlibrary exchange system. Try to find a study guide that includes sample exams on a CD.

Remember, you can take the GRE more than once, but all of your previous scores will be sent to any university you apply to, if you choose to send your scores. Oh, and if you score a 900 and the university you are applying to does not require a GRE score, it would probably be in your best interest to keep the score to yourself. Maybe shelve it and break it out during a drunken game of poker amongst close friends ... when you're 40, married with kids and have pretty much given up on life.

Even if you are in the position to be choosy, graduate students are chosen by a selection committee, and though they are a significant portion of your package, having a spectacular GPA and GRE aren't going to guarantee you anything. A multitude of factors are weighed, and the entire person is judged. Such factors include your work experience or resume, letters of reference, personal statement and personal experience.

Do you make a convincing argument of why you'd be a positive asset to the program? Maybe one program sees you as such and another doesn't. If it were easy to see exactly where you stand in the eyes of the program and amongst those you are competing with for a spot in that program, then choosing which program to apply to and get in would be easy. However, because it's not that easy, and there are no guarantees in life, it would behoove you to find and apply to as many as programs that fit your academic needs as possible.

This can be especially nerve-racking, particularly because you know it will be your first impression on the professors you will soon be applying to ... and they will be sitting there, silently judging you. However, grow a pair and let those professors know exactly who you are and where you stand. They can highlight areas where you need to compensate, areas you should highlight and things that will require some explainin'. Don't be afraid of laying it all out there, the good, the bad and the ugly — they are going to see it all soon anyway, and their bullshit detectors are pretty well calibrated. Remember, they are there to help. That's why they gave up those lavish salaries outside academia ... right?

In all seriousness (one last time), and not to sound like Dr. Phil, nothing is out of reach. Don't let anyone tell you no, and don't be afraid to knock down any door (or break any window) to get what you're after. Obstacles are only there to see how much you really want it, and you'll only have yourself to blame for quitting once the going gets tough.

Bounceberry

continued from page 7

Alice's Cranberry Sauce

(Courtesy of www.savorysweet-life.com)

Ingredients

12-ounce bag fresh cranberries
3/4 cup orange juice
2/3 cup brown sugar
1/3 cup white sugar
Optional: 2 oz gold leaf

Directions

Place all ingredients in a sauce pan and cook on medium-high for 15-20 minutes or until most of the liquid has evaporated, stirring occasionally. When done, add gold leaf and serve. Also tastes great made days ahead and brought to room temperature before serving.

Gingered Cranberry-Raspberry Relish

(Courtesy of www.kitchendaily.com)

Ingredients

12-ounce package fresh cranberries
1/2 cup granulated sugar
1/2 cup crystallized ginger minced, (choose soft nuggets over disks, if possible)
3 cups raspberries (2 pints), fresh or frozen (not thawed)

Directions

Pulse cranberries in a food processor until coarsely chopped. Transfer to a medium bowl. Stir in sugar and crystallized ginger. Gently stir in raspberries — it's fine to crush some of them. Cover and refrigerate for at least three hours to let the flavors combine.



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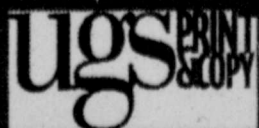
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Mustang Daily

"It's like the great wall of Asia back here."

Latin American democracies under siege

Andres Oppenheimer is a Latin America correspondent for the Miami Herald.

There is a new threat to Latin America's democracies — one that has drawn too little attention: the growing political partisanship of the region's armed forces.

It's happening in several countries, and it could produce a chain reaction throughout the region.

Consider:

— Earlier this month, at the urging of Bolivian President Evo Morales, the Bolivian army declared itself "socialist," "anti-imperialist" and "anti-capitalist."

— At a Nov. 14 ceremony attended by the army commanders of Chile and Ecuador, and military delegations from Argentina, Brazil and Peru, Bolivian army commander Gen. Antonio Cueto said that his country's 2009 constitution allows "the army to emerge as a socialist institution." Opposition leaders say that's ludicrous.

— Days earlier, Venezuela's head of the armed forces Operational Strategic Command Maj. Gen. Henry Rangel Silva, who has since been promoted to commander in chief, was quoted by the Caracas daily Ultimas Noticias as suggesting the Venezuelan armed forces would not accept an opposition victory in the 2012 presidential elections.

Saying that the Venezuelan armed forces are "married" to President Hugo Chavez's Bolivarian revolution, Rangel Silva stated that a hypothetical opposition government in 2012 that changed current programs "would amount to selling away the country, and that's something that's

not going to be accepted by the National Armed Force."

Chavez immediately promoted Rangel Silva — who, incidentally, is on the U.S.

Treasury Department's list of foreign officials with ties to drug cartels. Venezuela's

domino effect," says Jose Miguel Vivanco, head of the Americas section of the Human Rights Watch advocacy group.

"History shows that if we allow these things to go unchallenged, we will set the stage for a gradual loss of democratic freedoms, and for the eventual return of

military commanders are likely to create nervousness among right-of-center officers in Chile, Colombia and other neighboring countries, and drive them to proclaim their armed forces "anti-communist." That, too, would create a climate prone to military coups.

What should be done? There are several regional commitments for the collective defense of democracy that specifically require each country's military to respect the rule of law. Among others, the 2001 Summit of the Americas' Declaration of Quebec City, signed by 34 heads of state, states that "the subordination of the armed forces" to democratically-elected civilian authorities "as well as their respect for the rule of law" are "fundamental" elements of democracy.

When I asked Organization of American States Secretary General Insulza in an interview last week whether the OAS will do anything about the new trend, he said there is little he can do — other than expressing his personal concern — unless OAS member countries take up the issue at the institution's General Council. So far, no country has done that.

My opinion: I agree with Vivanco and other human rights leaders that the recent statements by the Bolivian and Venezuelan military commanders set a terrible precedent for the region. Unless they are denounced by the rest of the region, it will trigger a chain reaction that sooner or later will return the region to the dark days of military regimes. Unfortunately, everybody is looking the other way.



JIM MEEHAN NEWSART

armed forces have already adopted as their military salute the Cuban-inspired slogan, "Socialist Fatherland or Death!"

— In Central America, Nicaragua's army — while more prudent in its public statements than its Bolivian and Venezuelan counterparts — is known to have an increasingly cozy relationship with President Daniel Ortega.

— The Honduran generals who ousted then-President Manuel Zelaya last year justified their action by asserting that the former president had violated the constitution and also said they could not have accepted a socialist government in Honduras.

"Unless there is a prompt and collective reaction against these armed forces statements, we may soon see a

military regimes."

Among the dangers on the horizon:

First, if armed forces vow not to accept electoral results they don't like, as Venezuelan army commander Rangel Silva suggests, it may lead to a new wave of military coups after two decades of democratic gains in most of the region.

Second, if the armed forces' partisanship becomes the "new normal," it will lead political, union and business leaders to solve their disputes by counting how many generals they have on their side.

In the past, military alliances with politicians, business tycoons or labor leaders have often led to military coups.

Third, the "anti-capitalist" statements by Bolivian and Venezuelan

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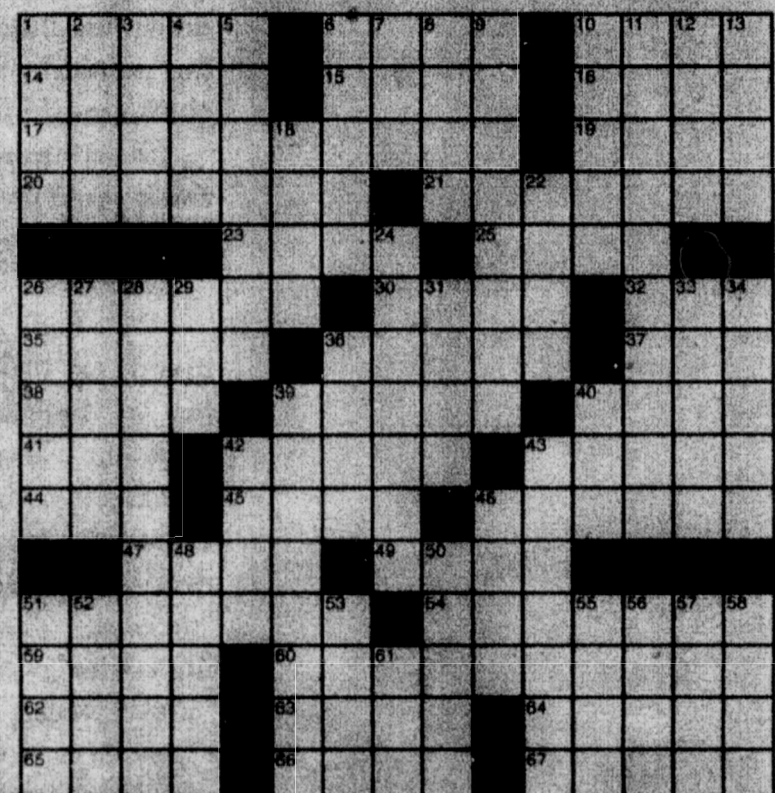
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No. 1019

- Across**
- Mynah bird, e.g.
 - Has to
 - Send by FedEx or UPS
 - Mrs. Perón
 - Worker welfare grp.
 - Noted tower site
 - Seventh day, in the Bible?
 - Westernmost Aleutian
 - "I'll have another"
 - "Tired blood" tonic
 - Cheesy sandwich
 - Having all one's marbles
 - Truth stretcher
 - Go hog wild
 - P. in Greece
 - One way to think or read
 - Homo vis-à-vis humans
 - Homo sapiens
 - "The Wizard of Oz" coward
 - What a roof is usually built on
 - Dagger
 - Bit of Web video gear
 - Small earrings
 - A sheriff may round one up
 - Horatian creation
 - Hunter's garb, for short
 - Like a mud puddle
 - Cheer (for)
 - Vintners' valley
 - Cash-back deals
 - Condiment at Nathan's
 - Touch on
 - \$10 bill enclosed in a Valentine card?
 - "Jeepers!"
 - Pioneering D.J. Freed
 - Home, sweet home
 - Picnic intruders
 - Join with a blowtorch
 - Religious council
- Down**
- Note from the boss
 - "Terrible" czar
 - What a D.J. speaks into
 - Tabloids twosome
 - Ricocheted, as a cue ball
 - Tasty mushroom
 - Be hooked on
 - Thick carpet
 - Brings on a date
 - Onetime colonial power in the Philippines
 - One-third of a knockout?
 - "That's all there is!"
 - Left-handed Beatle
 - Term of address used by Uncle Remus
 - Slum vermin
 - Trample underfoot
 - Edie of "The Sopranos"
 - Homeric epic
 - Statue of a post-W.W. II baby?
 - Sloppy joe holder

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Puzzle by Fred Placop

- | | | |
|-----------------------------------|------------------------|-----------------------|
| 31 Bed-and-breakfasts | 42 Loch Lomond local | 53 Dover |
| 33 Unduly severe | 43 Blood bank supplies | 55 Man-shaped mug |
| 34 Like a good singer | 46 Cowboy boot feature | 56 In a bit, in poems |
| 36 Wearing a long face | 48 Solemn vows | 57 Give a makeover |
| 39 Result of a governor's signing | 50 Make changes in | 58 Did some batiking |
| 40 "Inka Dinka" | 52 Black, to bards | 61 Kilmer of film |

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Football

continued from page 12

hamed, those are going to be two guys that will be hard to replace," Walsh said. "So I think the development of our team this spring is going to be extremely important and adding the right flavor to it, so to speak, with who we do recruit, if we are able to bring in a couple transfers, they got to be the right mix."

The losses aren't just affecting one side of the ball — the offense is losing names like quarterback Tony Smith, fullback Jordan Yocum and wide receiver Dominique Johnson as well. Some have the potential to continue playing, Walsh said.

"Beauty is in the eye of the beholder," Walsh said. "Somebody is

going to look at Dominique and think he's a legitimate guy and think that's what we want. And somebody is going to find some beauty in Marty and hopefully Marty will get that opportunity too."

But with some of the talent coming back, the Mustangs hope they can improve next season. Rodgers will be returning and guys like quarterback Andre Broadous, fullback Jake Romanelli, cornerback Asa Jackson and safety Greg Francis will also aim to help the Mustangs reach the playoffs for the first time under Walsh.

"We've been ranked 10 out of the 11 weeks, were in the top 25 in the United States, I don't think you can call that a failure," Walsh said. "We're going to build on that and hopefully that seven (wins) will turn into nine."



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The Mustangs' triple-option running attack averaged 253 yards per game this season, helping the Mustangs to a 7-4 record.

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(Hey, it'll give you something to talk to Mom about.)

Votto

continued from page 12

the Cardinals for the division title, seizing on the Cardinals' August slump to distance themselves in the standings. Votto was the engine behind the Reds' resurgence. He led the NL with a .424 on-base percentage, a .600 slugging percentage and a 1.024 on-base-plus-slugging percentage (OPS).

Late in the season, Votto, Pujols and Gonzalez were all positioned at various times to take a run at a Triple Crown. Votto didn't finish the season leading in any of the Triple Crown categories — batting aver-

age, homers and RBIs — but only Gonzalez and he finished in the top five in all three columns.

In his third full season in the majors, Votto ranked second with a .324 batting average, third with 113 RBIs and third with 37 home runs. He also scored 106 runs and had 328 total bases — both which ranked within the league's top five.

Votto is the first Cincinnati player to win the MVP since shortstop Barry Larkin did in 1995. That was also the last year the Reds appeared in the playoffs before this autumn.

Votto, a bargain with a \$525,000 salary, will be eligible for arbitration for the first time. Neither Vot-

to nor Gonzalez (\$406,000) had MVP bonus provisions. Pujols gets \$100,000 for finishing second.

5	6	3	2	9	1	4	7	8
8	9	1	6	7	4	3	2	5
4	7	2	8	5	3	9	6	1
3	5	9	1	6	2	8	4	7
7	8	4	9	3	5	2	1	6
2	1	6	7	4	8	5	3	9
6	4	8	5	2	7	1	9	3
1	3	7	4	8	9	6	5	2
9	2	5	3	1	6	7	8	4

THIS WEEK IN CAL POLY ATHLETICS

WEDNESDAY

7:00 P.M.

CAL POLY
BASKETBALL

vs.

LMU

Men's Basketball - Loyola Marymount

Admission is FREE for all Cal Poly students.
Like us on Facebook.com/calpolymustangs

WE ARE THE MUSTANGS



RYAN SIDARTO MUSTANG DAILY FILE PHOTO
Senior guard Rachel Clancy finished with 15 points against Illinois Tuesday morning. Guard Desiray Johnston finished with a team-high of 16 points.

Women's basketball falls to Fighting Illini

Mustang Daily Staff Report
MUSTANGDAILYSPORTS@GMAIL.COM

The Cal Poly women's basketball team followed up two season-opening wins, with two losses — the last being a 104-63 loss to Illinois Tuesday morning in Champaign, Ill.

The Mustangs (2-2) defeated Seattle and Fresno State to start the season and have since lost to Loyola Marymount and the Fighting Illini.

Midway through the first half, Illinois boasted a 25-15 lead, and then embarked on a 6-0 run to increase the advantage.

With 5:22 left in the first half, Illinois further increased that lead to 16.

Cal Poly inched back within 11 points off center Abby Bloetscher's layup with 1:39 left in the half. But Illinois went on another run, this time 9-2 to end the first half.

Cal Poly stared at a 20-point deficit with 14 minutes left in the game,

and it grew to 29 four minutes later. With the score 78-49, the Mustangs couldn't fight back, marking their second loss of the season.

Against Illinois, guard Desiray Johnston tied a career-high 16 points, hitting five of eight shot attempts from the floor. She was also hit two of three shots from behind the 3-point arc and was a perfect four of four from the line. To go with Johnston, guard Rachel Clancy added 15 points and Bloetscher boasted 11.

For the Fighting Illini, Karisma Penn scored a team-high 30 points to go with her 10 rebounds. Macie Blinn and Lydia McCully both scored 17 as well.

As a team, Illinois shot 62 percent from the floor and close to 60 percent from 3-point range.

The Mustangs return to action on Dec. 3 in the ASU Classic to play Arizona State.

Football season officially ends for the Mustangs

Mustang Daily Staff Report
MUSTANGDAILYSPORTS@GMAIL.COM

A mere nightmare became a reality for the Cal Poly football team this weekend. Cal Poly was left out of the Football Championship Subdivision Playoffs for the second-straight year under head coach Tim Walsh Sunday morning.

Some say it wasn't a surprise the Mustangs didn't make it once the bracket was revealed. Cal Poly (7-4) was one win shy of the recommended seven Division I wins in order to punch a ticket to the playoff bracket. The Mustangs defeated Division II Humboldt State 23-17 to start the season, giving the team just six against Division I foes.

It isn't required that a team rack up seven wins, but according to the NCAA Division I handbook, "less than seven Division I wins may place a team in jeopardy of not being selected."

For Cal Poly, that means watching the playoffs from home.

"I think we all have to look back at all the positive things that happened during the course of the year considering the schedule," Walsh said at last week's press conference. "I'm sure right now that the players aren't real excited about having the opportunity to end their season on that particular game."

That game, in reference to Cal Poly's second-half collapse against UC Davis in its last game of the season. It was the one where the Mustangs had a shot at the playoffs on the line and coughed up a 21-0 lead, to ultimately lose 22-21.

That loss stung a little more than usual, Walsh said.

"At least I can put a smile on my face right now," Walsh said. "In a positive way that gives us the opportunity to celebrate seven wins and I think seven wins is a good season."

The Mustangs improved by three



NHA HA MUSTANG DAILY
Running back Mark Rodgers rushed for 882 yards this season. He was one of the few weapons on Cal Poly's rushing offense which ranked fourth in the nation.

wins compared to last season's win total, remained competitive in the Great West and accomplished one feat the Mustangs of 2009 hadn't all year — win a game on the road.

Also, the Mustangs added a couple new wrinkles to the offensive playbook and, in turn, some success through the air. The majority of the snaps, however, went to the rushing offense — and they took advantage.

The team finished fourth in the nation in rushing offense, which averaged 253 yards per game. Running back Mark Rodgers was one of its most prolific weapons. He finished the season with 882 rushing yards and averaged nearly seven yards per carry. He averaged a conference-high 80 yards per game on the ground.

Defensively, the Mustangs were stout as well. Battling through mass

injuries to the secondary and some on the defensive line, the Mustangs commanded a rushing defense which ranked 14th in the nation in allowing 107 yards per game.

"There were a lot of good things that happened this year on our football team," Walsh said. "We have to look at those positives and use those as the foundations that have been laid under my time as head coach and try to continue to build upon those things."

But without names like linebacker Marty Mohamed, defensive back Scottie Cordier and defensive lineman James Chen, the defense may not be the same next year, Walsh said.

"Any time you've got to replace Scotty Cordier ... and Marty Mo-

see Football, page 11

Joey Votto beats Albert Pujols in National League MVP voting

Derrick Goold
ST. LOUIS POST-DISPATCH

ST. LOUIS — Elevated by his team's unexpected run to October and a National League Central division title, Cincinnati first baseman Joey Votto claimed the highest individual honor in the league.

Votto was a near-unanimous pick over Cardinals first baseman Albert Pujols in winning this year's NL MVP, the Baseball Writers Association of America announced Monday. He received 31 of the 32 first-place votes, with three-time winner Pujols getting the other.

Votto totaled 443 points in the voting to 279 for Pujols. Colorado's Carlos Gonzalez was third with

240 points, followed by San Diego's Adrian Gonzalez (197), Colorado's Troy Tulowitzki (132) and Philadelphia's Roy Halladay (130).

Votto, 27, ended Pujols' streak of two consecutive MVPs and kept Pujols from becoming the only player other than Barry Bonds to win four MVPs. Votto was the favorite to win the award, with Pujols and Carlos Gonzalez as his chief competition.

Pujols finished second in the voting for the fourth time in his career, tying him with Stan Musial and Ted Williams for most second-place finishes since 1931.

The Cincinnati Reds fended off



see Votto, page 11

First baseman Joey Votto hit .324 last season, with 37 home runs, 113 RBIs and 36 doubles last season.

MCCLATCHY-TRIBUNE